Anger Management Counselling & Courses in Edmonton

Are you struggling with anger management issues? Whether you're dealing with personal struggles, work-related stress, or family conflict, **Mukesh Mishra RCSW** offers **professional anger management counselling and courses** in **Edmonton, Alberta**. As a **Registered Clinical Social Worker**, Mukesh specializes in providing support to individuals and groups looking to address anger issues in a healthy and constructive way.

From **individual therapy** to **court-ordered classes**, **online courses**, and **group sessions**, our services are designed to meet your unique needs. With a focus on **emotional regulation**, **stress management**, and **effective communication**, we aim to help you regain control and build healthier relationships.

Explore the range of services we offer:

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Anger Management Counselling in Edmonton

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Anger Management Classes in Edmonton

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Online Anger Management Class

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Anger Therapy in Edmonton

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Men’s Group Anger Management

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Court Ordered Anger Management Counselling in Edmonton

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Online Anger Management Counselling in Edmonton

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Court-Mandated Anger Management Class Edmonton

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Individual Anger Management Counselling Edmonton

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Anger Management for Women

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Anger Management for Substance Abuse Recovery

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Parenting and Anger Management

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Family Anger Management Counselling

Anger Management Training in Edmonton

Anger Management Group Therapy

Anger Management for Teens

Managing Anger in High-Pressure Work Environments in Edmonton

Effective Anger Management

Couples Anger Management

Workplace Anger Management

Online Anger Management Program

How I Learned to Transform My Anger

Book an Appointment

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Contact Us for Anger Management Services

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For those who require a **court-mandated course**, we provide a safe and effective environment for learning how to manage anger and build emotional resilience. Whether you're seeking individual counselling, group therapy, or specialized courses like **anger management for men**, **women**, or even **substance abuse recovery**, we have a solution for you.

Contact Mukesh Mishra RCSW today to start your journey towards better emotional health and more positive relationships. **Call** 587-372-3143 or Book an Appointment.

Visit our full range of services at AngerManage.ca and take the first step toward managing your anger today!